

**CYMDEITHAS  
ATHLETAU YSGOLION**

**DYFED**

**SCHOOLS ATHLETIC  
ASSOCIATION**

**MABOLGAMPAU  
BLYNYDDOL**

**ANNUAL  
CHAMPIONSHIPS**

**all day/trwy'r dydd  
Tuesday June 3 2025**

**And/a Monday evening June 9 2025  
Nos Lun Mehefin 9 2025**

Mae'n rhoi pleser mawr i fi i groesawu athletwyr, athrawon, rhieni a hyfforddwyr i'r pencampwriaethau eleni. Y mae traddodiad ardderchog yn Nyfed mewn athletau trac a maes ac rwy'n gobeithio y bydd y cyfarfod heddiw yn cynnal y traddodiad hwnnw. Rydym ar flaen y mabolgampau yng Nghymru ac, am hynny, gallwn ddiolch am ddoniau'r disgyblion yn ein hysgolion, ymrwymiad a gallu'r athrawon yn adrannau Chwaraeon y dair sir, a'r cefnogaeth a gânt gan hyfforddwyr y clybiau athletau. Ar ddyddiau o'r fath, a phan mae ein tîm yn mynd ymlaen I'r Pencampwriaethau Cenedlaethol yn Aberdar Nghaerdydd eleni ar Ddydd Sadwrn Gorffennaf 5fed 2025, mae'n hathletwyr yn elwa'n fawr oddi wrth y gefnogaeth a gânt oddi wrth y bobl bwysicaf yn eu bywydau - eu rhieni. Rydym yn ddyledus iawn iddynt.

Hoffem ddiolch hefyd i Steve Owens, Rheolwr Canolfan Hamdden Dosbarth Caerfyrddin, James Levett a'i staff am eu cymorth a'u cydweithrediad wrth gynnal ein pencampwriaethau. Rydym yn ddiolchgar hefyd i swyddogion yr WA ac i'r athrawon o'r dair sir sydd yn rhoi eu hamser i wasanaethu yn y cyfarfod heddiw. Yn olaf, ond yn sicr nid y lleiaf pwysig, diolchwn i aelodau Brigâd Ambiwylans Sant Ioan sydd mor barod i roi gwasanaeth Cymorth Cyntaf yn ein cyfarfodydd. Hoffwn ddymuno diwrnod dymunol, pleserus a llwyddiannus i bawb sydd yma heddiw.

Berian Davies

Cadeirydd, Cymdeithas Athletau Ysgolion Dyfed

It gives me great pleasure to welcome athletes, teachers, parents, and coaches to this year's championships. Dyfed has a fine tradition in track and field athletics, and I hope that today's meeting will maintain that tradition. We are at the forefront of the sport in Wales, and, for that, we can thank the talents of the pupils in our schools, the commitment and skill of the teaching staff in the P.E. departments throughout the three counties, and the support many receive from the coaches in the athletics clubs. On such days, and when our team goes forward to the National Championships to be held this year at Aberdare on Saturday July 5th, 2025, our athletes benefit greatly from the support they receive from the most important people in their lives - their parents. To them we owe a huge debt of gratitude.

Our thanks go, too, to Steve Owens, Manager of Carmarthen and District Leisure Centre, James Levett and his staff for their help and cooperation in the staging of our championships. We are grateful, too, to the officials from WA and teachers from throughout the three counties who give of their time to officiate at today's meeting. Finally, and certainly not least, our thanks go to members of St. John Ambulance Brigade who so willingly provide First Aid cover for our meetings. May I wish everyone here today a pleasant, enjoyable, and successful day.

Berian Davies

Chairman, Dyfed Schools' Athletic Association.

## 2025 CHAMPIONSHIP OFFICIALS

**MEETING DIRECTOR** Chris Thomas

**FIELD REFEREE**

**TRACK REFEREE**

**CHIEF TIMEKEEPER**

**STARTER**

**MARKSMEN**

**CLERKS OF COURSE**

Berian Davies

Phil Davidson

Steve Ouseley, Peter Freeman

Talfan Davies, Laurence Senchal, Llyr Thomas

Leisure Centre Staff

**TREASURER**

Hedydd Davies/, Llyr Thomas

**RESULTS**

Nathan Jones, Phil Bowen

**TRACK JUDGES**

CEREDIGION

**TIMEKEEPERS**

LLANELLI

**HIGH JUMP**

**LONG JUMP**

**TRIPLE JUMP**

**POLE VAULT**

PEMBROKESHIRE

**DISCUS**

**HAMMER**

**JAVELIN**

**SHOT**

**ANNOUNCER**

BRIANNE

John Norgrove, Carwen Richards, Gwenllian Jones

# **RHAGLEN/TIMETABLE OF EVENTS**

## **TRACK TUESDAY 3 JUNE 2025**

| <b>TIME</b> | <b>EVENT</b>       | <b>AGE GROUP</b>             |       |
|-------------|--------------------|------------------------------|-------|
| 10.00       | 400 metres Hurdles | SB,SG and MB                 | FINAL |
| 10.15       | 300 metres Hurdles | Middle Girls                 | FINAL |
| 10.30       | 800 metres         | Yr 7 Girls                   | FINAL |
|             |                    | Yr 8 Girls                   | FINAL |
|             |                    | Yr 7 Boys                    | FINAL |
|             |                    | Yr 8 Boys                    | FINAL |
| 11.00       | Sprint Hurdles     | all age groups               | FINAL |
| 11.30       | 100 metres         | all age groups               | FINAL |
| 12.15       | 800 metres         | Yr 9 Girls                   | FINAL |
|             |                    | Middle Girls                 | FINAL |
|             |                    | Senior Girls                 | FINAL |
|             |                    | Yr 9 Boys                    | FINAL |
|             |                    | Middle Boys                  | FINAL |
|             |                    | Senior Boys                  | FINAL |
| 12.45       | 200 metres         | all age groups               | FINAL |
| 1.30        | 1500 metres        | Yr 7 Girls                   | FINAL |
|             |                    | Yr 8 and Y9 Girls (combined) | FINAL |
|             |                    | Yr 7 Boys                    | FINAL |
|             |                    | Yr 8 and Y9 Boys (combined)  | FINAL |
| 14.00       | 300 metres         | Yr 8 Girls                   | FINAL |
|             |                    | Yr 9 Girls                   | FINAL |
|             |                    | Yr 8 Boys                    | FINAL |
|             |                    | Yr 9 Boys                    | FINAL |
| 14.15       | 1500 metres        | Middle Girls                 | FINAL |
|             |                    | Senior Girls                 | FINAL |
|             |                    | Middle Boys                  | FINAL |
|             |                    | Senior Boys                  | FINAL |
| 14.45       | 400 metres         | Senior Girls                 | FINAL |
|             |                    | Middle Girls                 |       |
|             |                    | Middle Boys                  | FINAL |
|             |                    | Senior Boys                  | FINAL |
| 15.00       | 1000 metres Walk   | All age groups               | FINAL |

## TUESDAY 3 June 2025

### FIELD EVENTS - THROWS

|       | <b>SHOT</b> | <b>DISCUS</b> | <b>JAVELIN</b> | <b>HAMMER</b>                |
|-------|-------------|---------------|----------------|------------------------------|
| 10.00 | Y8/9 GIRLS  | Y7GIRLS       | S BOYS         |                              |
| 10.30 |             |               | M BOYS         |                              |
| 10.40 |             |               |                |                              |
| 11.00 |             | Y8/9 BOYS     | M/S GIRLS      | <b><u>ON MONDAY</u></b>      |
| 11.15 | Y7 GIRLS    |               |                | <b><u>10 JUNE 2024</u></b>   |
| 11.30 |             |               |                |                              |
| 11.45 | M BOYS      | Y7 BOYS       | Y8/9 GIRLS     | <b><u>All Age Groups</u></b> |
| 12.00 |             |               |                | <b><u>At 6PM</u></b>         |
| 12.15 |             |               |                |                              |
| 12.30 | M/S GIRLS   | M/S BOYS      | Y7BOYS         |                              |
| 12.45 |             |               |                |                              |
| 13.00 | Y8/9 BOYS   |               |                | <b><u>POLE VAULT</u></b>     |
| 13.15 |             |               | Y7GIRLS        | <b><u>All Age Groups</u></b> |
| 13.30 |             |               |                | <b><u>At 6 PM</u></b>        |
| 13.45 |             |               |                | On 10 June 2024              |
| 14.00 | S BOYS      | Y8/9 GIRLS    | Y8/9 BOYS      |                              |
| 14.15 |             |               |                |                              |
| 14.30 | Y7BOYS      | M/S GIRLS     |                |                              |

### FIELD EVENTS – JUMPS

|       | <b>LONG JUMP</b> | <b>TRIPLE JUMP</b> | <b>HIGH JUMP</b> |
|-------|------------------|--------------------|------------------|
| 10.00 | Y7 GIRLS         | M & S GIRLS        | M BOYS           |
| 10.30 | Y9 BOYS          | S BOYS             | Y9 GIRLS         |
| 11.00 | Y9 GIRLS         | M BOYS             | M&S GIRLS        |
| 11.30 |                  |                    | Y7 BOYS          |
| 12.00 | S GIRLS          | Y9 BOYS            | S BOYS           |
| 12.30 | Y7 BOYS          | Y9 GIRLS           |                  |
|       | <b>LONG JUMP</b> | <b>LONG JUMP</b>   | <b>HIGH JUMP</b> |
| 13.00 | M GIRLS          |                    | Y8 GIRLS         |
| 13.30 | M BOYS           | Y8 GIRLS           | Y 7 GIRLS        |
| 14.00 | Y8 BOYS          |                    | Y9 BOYS          |
| 14.30 | S BOYS           |                    | Y8 BOYS          |

### Monday 9 June 2025

|        |                     |           |
|--------|---------------------|-----------|
| 18.00  | 3000 m              | SB and MB |
| 18.15  | 3000 m              | SG and MG |
| 18..35 | 1500 m steeplechase | SG and MG |
| 18.50  | 1500 m steeplechase | MB        |
| 19.10  | 2000 m steeplechase | SB        |

## DYFED SECONDARY SCHOOLS CHAMPIONSHIP RECORDS

### YEAR 7 GIRLS

|               |               |                 |      |
|---------------|---------------|-----------------|------|
| 100 metres    | 12.8 secs     | Anna McGovern   | 1994 |
| 200 metres    | 27.9 secs     | Ffion Walters   | 2009 |
| 800 metres    | 2m. 23.0 secs | Marie Jones     | 1986 |
| 1500 metres   | 5m. 08.2 secs | Carys Davies    | 2002 |
| 70m. Hurdles  | 11.6 secs     | Danielle Selley | 1996 |
| 75m. Hurdles  | 13.0 secs     | Emma Jones      | 1989 |
| 4x100m. Relay | 53.5 secs     | Brianne         | 1979 |
| High Jump     | 1.58 metres   | Julia Charlton  | 1978 |
| Long Jump     | 4.65 metres   | Buddug Harries  | 1991 |
| Shot          | 9.54 metres   | Bethan Lewis    | 2011 |
| Discus        | 21.69metres   | Summer Evans    | 2022 |
| Javelin       | 32.30metres   | Summer Evana    | 2022 |
| 1000m walk    | 6.27.6        | Harri Truman    | 2009 |

### YEAR 8 GIRLS

|                   |                |                      |             |
|-------------------|----------------|----------------------|-------------|
| 100 metres        | 12.4 secs      | Erin Walters         | 2010        |
| 200 metres        | 26.3 secs      | Hannah Jones         | 2004        |
| <b>300 metres</b> | <b>45.1</b>    | <b>Lucy Li</b>       | <b>2024</b> |
| 800 metres        | 2m. 20.4 s ecs | Lauren Bell          | 2008        |
| 1500 metres       | 4m. 55.3 secs  | Carys Davies         | 2003        |
| 1000 walk         | 5.48.9         | Amy White            | 2018        |
| 75m. Hurdles      | 11.8 secs      | Heather Jones        | 2000        |
| 4x100m. Relay     | 54.9 secs      | Brianne              | 1988        |
| High Jump         | 1.53 metres    | Lili Church          | 2016        |
| Long Jump         | 5.23 metres    | Karina Williams      | 1991        |
| Triple Jump       | 8.77 metres    | Tia Powell           | 2023        |
| Pole Vault        | 2.22 metres    | Cerys Angharad Jones | 2022        |
| Shot              | 9.93 metres    | Amy Rothero          | 2014        |
| Javelin           | 30.41 metres   | Summer Evans         | 2023        |
| Discus            | 27.08 metres   | Ruth Mason           | 1987        |

### YEAR 9 GIRLS

|                  |                |                  |      |
|------------------|----------------|------------------|------|
| 100 metres       | 12.3 secs      | Danielle Selley  | 1998 |
| 100 metres       | 12.3 secs      | Beatrice Morgan  | 2023 |
| 200 metres       | 25.3 secs      | Beatrice Morgan  | 2023 |
| 300 metres       | 41.7 secs      | Darcy Coslett    | 2023 |
| 800 metres       | 2m. 18.1secs   | Lucy Thomas      | 1991 |
| 1500 metres      | 4m. 49 .0 secs | Amelia Williams  | 2023 |
| 1000 metres walk | 5.26.8         | Amelia Davey     | 2014 |
| 75m. Hurdles     | 11.1 secs      | Heather Jones    | 2001 |
| 4x100m. Relay    | 53.1 secs      | Brianne          | 1988 |
| High Jump        | 1.75 metres    | Julia Charlton   | 1980 |
| Long Jump        | 5.34 metres    | Beatrice Morgan  | 2023 |
| Triple Jump      | 10.05 metres   | Zara Evans       | 2019 |
| Pole Vault       | 2.80 metres    | Carys Jones      | 2013 |
| Shot             | 10.35 metres   | Danielle Jones   | 2015 |
| Javelin          | 38.03 metres   | Victoria Hodgson | 2014 |
| Discus           | 34.02 metres   | Awen Rosser      | 2010 |
| Hammer           | 31.46 metres   | Elliw James      | 2009 |

### MIDDLE (Year 10/11) GIRLS

|                          |                    |                        |             |
|--------------------------|--------------------|------------------------|-------------|
| 100 metres               | 12.0 secs          | Diane Thorne           | 1976        |
| <b>200 metres</b>        | <b>25.1 secs</b>   | <b>Dar5cy Coslett</b>  | <b>2024</b> |
| <b>300 metres</b>        | <b>39.9 secs</b>   | <b>Darcy Coslett</b>   | <b>2024</b> |
| 400 metres               | 58.6 secs          | Carol Nicholas         | 1978        |
| 800 metres               | 2m. 18.6 secs      | Angharad Davies        | 2007        |
| 1500 metres              | 4m. 49.8 secs      | Nicola Morgan          | 1986        |
| 3000 metres              | 10.12.1 secs       | Abbie Williams         | 2016        |
| 1500 metres steeplechase | 5.16.2 secs        | Lucy Davies            | 2016        |
| 1000 metres walk         | 4.28.7 secs        | Gracie Griffiths       | 2022        |
| 80m. Hurdles             | 11.4 secs          | Heather Jones          | 2003        |
| 300m. Hurdles            | 44.6 secs          | Caryl Granville        | 2005        |
| 400m. Hurdles            | 67.4 secs          | Michelle Cook          | 1981        |
| 4x100m. Relay            | 51.5 secs          | Brianne                | 1976        |
| High Jump                | 1.70 metres        | Teresa Andrews         | 1992        |
| <b>Long Jump</b>         | <b>5.97 metres</b> | <b>Beatrice Morgan</b> | <b>2024</b> |
| Triple Jump              | 11.19 metres       | Caryl Granville        | 2006        |
| Shot                     | 11.51 metres       | Danielle Jones         | 2016        |
| Javelin                  | 31.42 metres       | Amy Humble             | 2014        |
| Discus                   | 37.32 metres       | Awen Rosser            | 2011        |

|             |              |                 |      |
|-------------|--------------|-----------------|------|
| Pole Vault  | 3.00 metres  | Carys Jones     | 2014 |
| Hammer      | 35.83 metres | Claire Williams | 2003 |
| Triple Jump | 10.93 metres | Caryl Granville | 2005 |

### SENIOR (Year 12/13) GIRLS

|                          |                |                 |      |
|--------------------------|----------------|-----------------|------|
| 100 metres               | 12.2 secs      | Alicia Samuel   | 2018 |
| 200 metres               | 25.7 secs      | Gail Evans      | 1997 |
| 400 metres               | 57.9 secs      | Rachel Donnison | 2015 |
| 800 metres               | 2m. 16.6 secs  | Katie Parkes    | 2007 |
| 1500 metres              | 4m. 56.2 secs  | Nicola Morgan   | 1988 |
| 3000 metres              | 10m. 37.6 secs | Gemma Leahy     | 2006 |
| 1500 metres steeplechase | 6.18.1 secs    | Ffion Ouseley   | 2023 |
| 100m. Hurdles            | 14.2 secs      | Claire Jones    | 2004 |
| 400m. Hurdles            | 62.9 secs      | Anwen Rees      | 2003 |
| 4x100m. Relay            | 52.0 secs      | Brianne         | 1979 |
| High Jump                | 1.58 metres    | Vicky Lloyd     | 2005 |
| Long Jump                | 5.61 metres    | Vicky Lloyd     | 2005 |
| Triple Jump              | 11.34 metres   | Vicky Lloyd     | 2005 |
| Pole Vault               | 3.45 metres    | Carys Jones     | 2016 |
| Shot                     | 11.49 metres   | Lucy Griffiths  | 2011 |
| Javelin                  | 41.65 metres   | Lleucu Lloyd    | 2023 |
| Discus                   | 40.49 metres   | Storm Evans     | 2023 |
| Hammer                   | 36.21 metres   | Helena Madan    | 2012 |

### YEAR 7 BOYS

|               |               |                    |             |
|---------------|---------------|--------------------|-------------|
| 100 metres    | 12.4 secs     | Kemsi Igboekwu     | 2023        |
| 200 metres    | 26.4 secs     | Kemsi Igboekwu     | 2023        |
| 800 metres    | 2m. 19.7 secs | Jason Murphy       | 1986        |
| 1500 metres   | 4m 52.4 secs  | Iwan Glynn         | 2015        |
| 75m. Hurdles  | 12.3 secs     | Nico Algieri       | 1994        |
| 4x100m. Relay | 54.9 secs     | Brianne            | 1978        |
| High Jump     | 1.54 metres   | James Griffiths    | 1991        |
| Long Jump     | 4.88 metres   | Gareth Gittings    | 1993        |
| Triple Jump   | 10.16 metres  | Alistair Mason     | 1990        |
| Pole Vault    | 2.40 metres   | Patrick O'Sullivan | 1978        |
| Shot          | 12.28 metres  | Mathew Evans       | 2001        |
| <b>Discus</b> | <b>27.12</b>  | <b>Buddy Evans</b> | <b>2024</b> |
| Javelin       | 39.16 metres  | Robert Smith       | 1999        |

### YEAR 8 BOYS

|                     |                  |                       |             |
|---------------------|------------------|-----------------------|-------------|
| 100 metres          | 11.6 secs        | Derwyn Owen           | 1988        |
| 200 metres          | 24.2 secs        | Derwyn Owen           | 1988        |
| 300 metres          | 41.2 secs        | James Griffiths       | 1992        |
|                     |                  | Aaron Bishop          | 2000        |
| 400 metres          | 56.4 secs        | Nikita Neary          | 2011        |
| 800 metres          | 2m. 09.2 secs    | Nikita Neary          | 2011        |
| 1500 metres         | 4m. 27.7 secs    | Frank Morgan          | 2018        |
| 1000 metres walk    | 6.04.9 secs      | Harry Worth           | 2016        |
| <b>80m. Hurdles</b> | <b>12.3 secs</b> | <b>Aaron Campbell</b> | <b>2024</b> |
| 4x100m. Relay       | 50.8 secs        | Brianne               | 2009        |
| High Jump           | 1.80 metres      | Jamie Dalton          | 1993        |
| Long Jump           | 5.57 metres      | Simon Lewis           | 1987        |
| Triple Jump         | 11.70 metres     | Rhodri Thomas         | 1990        |
| Pole Vault          | 2.55 metres      | Craig Millard         | 1991        |
| Shot                | 13.56 metres     | Mathew Evans          | 2002        |
| Javelin             | 41.98 metres     | Matthew Roblin        | 1991        |
| Discus              | 38.89 metres     | Harry Davies          | 2016        |
| Hammer              | 35.30 metres     | Harry Davies          | 2016        |

### YEAR 9 BOYS

|                  |               |                 |      |
|------------------|---------------|-----------------|------|
| 100 metres       | 10.9 secs     | Jamie Henthorn  | 1993 |
| 200 metres       | 24.1 secs     | Richard Bunnyon | 1988 |
| 300 metres       | 38.1 secs     | Graham Thomas   | 1992 |
| 400 metres       | 54.2 secs     | Liam Jones      | 2008 |
| 800 metres       | 2m. 05.1 secs | Mark Britton    | 1978 |
| 1500 metres      | 4m. 16.5 secs | Dewi Griffiths  | 2005 |
| 1000 metres walk | 5.00.4 secs   | Andrew Salmon   | 2016 |
| 80 m. Hurdles    | 11.6 secs     | Graham Thomas   | 1992 |
| 4x100m. Relay    | 48.7 secs     | Llanelli        | 1987 |
|                  |               | Brianne         | 1988 |
| High Jump        | 1.76 metres   | Josh Madden     | 2005 |
| Long Jump        | 6..24 metres  | Josh Davies     | 2011 |
| Triple Jump      | 12.50 metres  | Owen Jones      | 2002 |
| Pole Vault       | 3.28 metres   | Robert Hughes   | 1977 |

|         |              |               |      |
|---------|--------------|---------------|------|
| Shot    | 15.26 metres | Mathew Evans  | 2003 |
| Javelin | 52.00 metres | Rhys Williams | 1996 |
| Discus  | 40.38 metres | Mathew Evans  | 2003 |
| Hammer  | 42.88 metres | Harry Davies  | 2017 |

### **MIDDLE (Year 10/11) BOYS**

|                |               |                  |      |
|----------------|---------------|------------------|------|
| 100 metres     | 10.8 secs     | Shaun Pearce     | 2013 |
| 200 metres     | 22.2 secs     | Stephen Rees     | 1988 |
| 400 metres     | 50.5 secs     | Bruce Tasker     | 2004 |
| 400 metres     | 50.5 secs     | Paul Bennett     | 2009 |
| 800 metres     | 1m. 58.0 secs | Mark Britton     | 1978 |
| 1500 metres    | 4m. 09.1 secs | Peter Ward       | 1976 |
| 3000 metres    | 8m. 53.6 secs | Christian Lovatt | 2013 |
| 1500m. S/Chase | 4m. 33.3 secs | Peter Ward       | 1976 |
| 1000m Walk     | 4.57.1        | Owain Nicholas   | 2016 |
| 100m. Hurdles  | 13.6 secs     | Daniel Blain     | 2011 |
| 400m. Hurdles  | 56.5 secs     | Leighton Lewis   | 1998 |
| 4x100m. Relay  | 45.5 secs     | Brianne          | 1989 |
| High Jump      | 1.91 metres   | Kim Harland      | 1998 |
| Long Jump      | 6.60 metres   | Simon Lewis      | 1990 |
| Triple Jump    | 13.52 metres  | Owen Jones       | 2003 |
| Pole Vault     | 4.00 metres   | Emyr Jones       | 2009 |
| Shot           | 15.68 metres  | Peter Rees       | 1977 |
| Javelin        | 56.71 metres  | Scott Phillips   | 2010 |
| Discus         | 47.76 metres  | Harry Davies     | 2019 |
| Hammer         | 50.16 metres  | Chad Monk        | 2006 |

### **SENIOR BOYS (Year 12/13)**

|                |               |                  |      |
|----------------|---------------|------------------|------|
| 100 metres     | 10.6 secs     | Jamie Henthorn   | 1994 |
| 200 metres     | 22.1 secs     | Stephen Perks    | 1975 |
| 400 metres     | 49.7 secs     | Huw Bannister    | 1997 |
| 800 metres     | 1m. 57.9 secs | Neil Lewis       | 1994 |
| 1500 metres    | 3m. 59.3 secs | Adam Bitchell    | 2008 |
| 3000 metres    | 8m. 40.8 secs | Christian Lovatt | 2015 |
| 2000m. S/Chase | 6m. 09.3 secs | Lee Ladd         | 2005 |
| 110m. Hurdles  | 14.2 secs     | James Archampong | 1993 |
| 400m. Hurdles  | 56.7 secs     | Luke Evans       | 1988 |
|                |               | Wayne Proctor    | 1991 |
| High Jump      | 2.00 metres   | Alun Davies      | 1998 |
| Long Jump      | 6.95 metres   | Greg Bourne      | 1990 |
| Triple Jump    | 14.23 metres  | David Wood       | 1980 |
| Pole Vault     | 4.30 metres   | Islwyn Rees      | 1974 |
| Shot           | 16.78 metres  | Dafydd Pawlett   | 2022 |
| Javelin        | 55.71 metres  | Rhys Taylor      | 2000 |
| Discus         | 44.36 metres  | Mathew Evans     | 2006 |
| Hammer         | 53.00 metres  | John Owen        | 1983 |

## **RULES OF THE MEETING**

**The competitions are run under UKA rules, but note should be made of the following points:**

**1. In field events all athletes are allowed three trials.**

### **Selection for National Track and Field Championships:**

**1. The Selection Committee shall meet after the District Championships to select the best possible team to represent the District in the Welsh National Championships.**

**2. At the meeting of the Selection Committee the members of the Committee will consider the results of the Championships, and any other relevant information presented to the Committee on behalf of athletes unable to compete in the Championships.**

**3. Any selections not made at the Selection Committee Meeting will be referred to the Officers of the Association for a final decision.**

**N.B.**

**1. In Athletics it does not follow that the District Champion will be automatically selected to represent the District in the National.**









